Everything You Need to Know About BJJ Equipment for Success

When you start Brazilian Jiu-Jitsu (BJJ), the gear you choose plays an integral role in your training experience. **BJJ equipment** is not just about style or comfort; it directly impacts your performance and safety on the mat. Whether you're training in the gi or in no-gi, the right gear will enhance your practice, protect you, and ensure that you focus on technique rather than distractions caused by poorly fitting or uncomfortable clothes.

For beginners, it's important to understand that you don't need to break the bank on BJJ equipment right away. Start with the essentials, and gradually build your collection based on your training needs. Below, we'll cover the core pieces of BJJ gear you need to train effectively, and why investing in quality items like a Jui Jitsu gi or custom rashguard BJJ can make all the difference in your progression.

What Equipment Do I Need for BJJ?

One of the first questions you'll likely ask as a beginner is, "What BJJ equipment do I really need?" The answer varies depending on whether you're training in the gi or no-gi. But here's a simple breakdown of what every practitioner should focus on:

1. Jui Jitsu Gi – If you're training in the gi, a Jui Jitsu gi is a must-have. It's essential for grip-based techniques, and the material is designed to withstand the rigorous demands of BJJ training. The Jui Jitsu gi consists of a jacket, pants, and a belt, and is the standard for most gi-based BJJ academies.
2. Custom Rashguard BJJ – For no-gi BJJ, a custom rashguard BJJ is an absolute essential. Rash guards protect your skin from mat burns and abrasions, wick away moisture, and offer compression benefits. A custom rashguard for BJJ allows you to train in comfort while maintaining skin hygiene.
3. Grappling Shorts and Spats – These items are critical for no-gi BJJ. Grappling shorts are designed to provide durability and flexibility, while spats (compression leggings) protect your legs from mat burns and irritation.
4. Protective Gear – In addition to the core gear, protective equipment like mouthguards, knee pads, and sometimes headgear (especially for

those sparring heavily) is vital to keep you safe during live rolls and training.

Why the Right Jiu-Jitsu Gi Matters

The Jui Jitsu gi is the foundation of traditional BJJ gear. If you're training in the gi, this item is non-negotiable. However, it's important to choose a gi that

suits your needs and fits comfortably. A Jui Jitsu gi is built for durability, with reinforced stitching in high-stress areas like the collar and sleeves. When shopping for a Jui Jitsu gi, ensure that it has a balance of strength and flexibility, allowing you to perform all the necessary grips, submissions, and transitions.

The Jui Jitsu gi also plays a role in learning proper technique. Unlike no-gi BJJ, where grips are not possible, the gi enables practitioners to understand the mechanics of controlling and manipulating their opponent through grips, which is essential for mastering BJJ.

The Role of Custom Rashguard BJJ in No-Gi Training

For those focused on no-gi BJJ, a custom BJJ rashguard is one of the most important pieces of BJJ equipment. Unlike a traditional **Jui Jitsu gi**, no-gi training relies on athletic wear, and the rashguard is central to this. The purpose of a custom rashguard for BJJ is to provide protection, wick away sweat, and improve mobility. Additionally, a rash guard prevents chafing, which is common when training without a gi, and it offers a layer of protection against skin diseases like ringworm.

Moreover, a custom rashguard for BJJ is often designed with compression benefits, improving muscle support and circulation, which can lead to better performance and reduced fatigue during intense sessions.

BJJ Essentials: What Every Practitioner Needs

Every BJJ practitioner needs a few essentials to succeed in their training. While there is always room to expand your collection as you advance, here are the key pieces of BJJ equipment that you need to focus on in the beginning:

- A well-fitting Jui Jitsu gi for training in the gi
- Custom rashguard BJJ for no-gi training
- Grappling shorts for flexibility and comfort
- Mouthguard to protect your teeth during sparring
- Knee pads to protect your joints during groundwork

These items will ensure that you are ready for training, whether you’re starting in gi or no-gi style BJJ.

What Should You Focus on During Your First BJJ Class?

When you attend your first BJJ class, focus on learning the basics of movement, positions, and grips. Don't worry too much about buying all the gear right away. For your first session, you can likely train in whatever athletic clothing you have.

If you’re attending a Gi class, try to get a Jui Jitsu gi as soon as possible. If you’re attending a no-gi class, a custom rashguard for BJJ and comfortable shorts will work. Over time, as you progress, you’ll invest in more specialised BJJ equipment that suits your needs.

Conclusion: The Right BJJ Equipment Makes a Difference

Investing in the right BJJ equipment is an essential step toward achieving success in Brazilian Jiu-Jitsu. Whether you choose a Jui Jitsu gi for gi training or a custom rashguard BJJ for no-gi training, having the right gear makes a significant difference in your comfort and performance on the mat.

Start with the basics, and as you advance, gradually add more specialised equipment to your collection. Having quality BJJ gear will keep you safe, allow for better movement, and ensure your training experience is comfortable.

FAQ’s

1. What equipment do I need for BJJ?

For BJJ, you’ll need a Jui Jitsu gi for gi classes, a custom rashguard BJJ for no-gi, grappling shorts, and protective gear like mouthguards and knee pads.

2. Does BJJ lower cortisol?

Yes, BJJ can help lower cortisol levels. The physical activity and mental focus required in BJJ reduce stress and promote the release of endorphins.

3. What is the 80/20 rule in BJJ?

The 80/20 rule in BJJ suggests that 20% of the techniques you focus on will provide 80% of the results. Focus on mastering the fundamentals to maximise your success.

4. Is BJJ good for bone density?

Yes, BJJ helps improve bone density by engaging in weight-bearing activities and resistance training, making it beneficial for maintaining healthy bones.

5. What are your BJJ essentials?

The essentials for BJJ include a Jui Jitsu gi, a custom BJJ rashguard, grappling shorts, a mouthguard, and knee pads.